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ZUMBA AND A ZOOM-ZOOM
EXOTIC DANCE AND CARDIO {page 20}

SORRY
KANYE STILL FEELING PAIN
SCENE {page 13}

CALGARY metro®
Tuesday, September 7, 2010
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Stamped

Calgary blows out Edmonton 52-5 in Labour Day Classic ▶ Stampeders erupt for four second-quarter touchdowns, move to 8-1 {Coverage, pages 4, 29}

▶ The Stamps' Malik Jackson recovers a fumble by the Esks' Pascal Fils yesterday.

Murky waters

The rules of dealing with pirates

▶ 'Catch and release' becomes a conundrum ▶ Government orders navy not to take any prisoners unless it has iron-clad case {page 8}

Making music in threes

Pop artist Robyn coy about trilogy album {page 14}

The power of the BLT

Another twist on an old food favourite {page 21}

Educational culture shock

The challenges of being an international student {page 24}

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AMVIC LICENSED

Cop goes to hospital after fracas

A Strathmore police officer was assaulted after responding to a disturbance at a local hotel at 1 a.m. Sunday. RCMP say the officers responded to an unidentified man disturbing hotel patrons.

The allegedly intoxicated man then attacked a police officer, punching and spitting blood into the officer's face, according to police. Additional officers arrived at the scene and an arrest was made. The injured officer was transported to hospital where he was later released.

Steven James Scott, 23, of Calgary was arrested in relation to the incident and will appear in Strathmore Provincial Court on the Sept 21.

METRO CALGARY

KATIE TURNER/FOR METRO CALGARY

▶ Duty Insp. Paul Stacey describes police efforts after two southeast homes were shot at early yesterday morning.

Gunshots 'scary as hell'

Shots fired into two Penbrooke Meadows homes about 1 a.m. yesterday
One resident 'narrowly missed': Police No suspects yet, no injuries

KATIE TURNER
CALGARY@METRONEWS.CA

Residents of a southeast neighbourhood are feeling a little uneasy after two homes were shot at and damaged early yesterday morning.

The two homes, located in the 200 block of Penswood Way SE, flank both sides of one Calgary woman's home.

The resident, who chose not to give her name, said she and her husband woke to the sounds of what she described as "shotguns going off."

"My husband heard them going off and thought maybe he was having a dream or something, and next thing you know, there was police all over the place," she said.

"It's scary as hell."

Duty Insp. Paul Stacey said police are asking for public assistance in identifying those responsible for the gunshots.

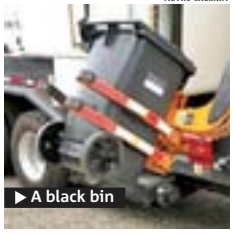
"We combed this area with a fine-toothed comb at the time," he said. "Investigators are looking into all the possibilities."

The resident in one of the homes said he had lived in that home for years and believes the hole in his front window may be the result of a stray bullet.

Police details

- Police could not confirm whether they believed either of the homes were targeted.
- Duty Insp. Paul Stacey said police searched the area "with a fine-toothed comb" shortly after the incident.
- Those with information about the shootings can call 403-567-6400.

METRO CALGARY



▶ A black bin

Get ready for the black bins

On the heels of a successful blue bin recycling program, and a similar pilot project for non-recyclable garbage, the City of Calgary is ready to officially deploy the black bin program.

This fall, Calgary homes will receive their official black bin, launched today in some communities, providing similar pickup service to that of the blue bin program.

METRO CALGARY

A little off the top can do a lot of good

Many of Calgary's top hair stylists gathered yesterday to volunteer their services and raise money for AIDS Calgary.

As part of Artists for Quality of Life, the stylists provided haircuts for adults, children and even dogs. The event raised funds for the Positive Living Lunch Program, which provides hot lunches to those living with and affected by HIV/AIDS.

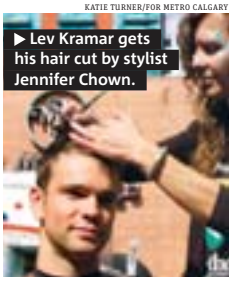
7 The number of years Artists for Quality of Life has held the cut-a-thon.

"I've got a feeling we've raised close to $5,000," said team leader Linda Eckess.

Eckess said all profits go directly to AIDS Calgary.

KATIE TURNER

KATIE TURNER/FOR METRO CALGARY



▶ Lev Kramar gets his hair cut by stylist Jennifer Chown.

News in brief

Canada Post calls in backup

HAWK. A relief Canada Post employee is expected to resume mail delivery today in a southwest Calgary neighbourhood, according to Canada Post.

About 150 homes had their home mail delivery suspended after a nearby hawk apparently was swooping down on the regular carrier. Residents have said they expect the hawks to move south for the winter.

METRO CALGARY

Cops seek tips following theft

CRIME. Police are searching for four unknown culprits who forced their way into an Applewood home on Sept. 4 while carrying a crowbar. The two residents of the home were restrained as the suspects made off with cash and a laptop. Those with information are asked to call 403-206-8787.

METRO CALGARY

1 news

News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

Allan Small wonders if it's time to worry about a new market bubble. More at metronews.ca/investing

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Experts worry about self-injury trend involving embedding objects under the skin. Scan code for story.

Time-honoured tradition of tailgating brings out diehard fans for yesterday's Labour Day Classic ◐ Stampeders treat sold-out crowd to big win while donning classic black jerseys ◐ Local TV blackout on the game was lifted ◐ For game coverage, see page 29

JEFF MCINTOSH/THE CANADIAN PRESS

▶ Calgary Stampeder Jon Cornish is tackled during the Labour Day Classic yesterday.

Classic tailgate party

a labour of love

MONIQUE MASSIAH/FOR METRO CANADA

▶ Bryan Wiese and family deep-fry chicken wings during their pre-game tailgate party at McMahon Stadium yesterday.

MONIQUE MASSIAH/FOR METRO CANADA

▶ Jodie Cadman and friends came out for a beautiful day and a great football game at McMahon Stadium yesterday.

Pre-game festivities

Hundreds of Stampeders and Eskimos fans were out grilling and having a good time out in the McMahon Stadium parking lot prior to the Labour Day Classic game.

- **Tradition** Tailgating is a traditional event at Calgary Stampeder home games, with some families and friends setting up shop at every game, every season.
- **Eats** While tailgating may have started with your typical hotdogs and hamburgers, you can now find anything from shish-kabob to salads to thick, juicy steaks and even a few homemade specials.

MONIQUE MASSIAH/FOR METRO CANADA

▶ Bryan Wiese serves up a dish of wings for fellow tailgaters yesterday.

MONIQUE MASSIAH/FOR METRO CANADA

▶ Devoted Stamps fans Derik Simpson and Ref Cracknell and friends serve up brunch at each Stampeders game, and this time brunch consisted of farmer sausage and homemade pasta and sauce.

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School's on: Time for healthy lunches

Letting kids help pack their lunch can help encourage them to eat: Expert

KATIE TURNER
CALGARY@METRONEWS.CA

Along with textbooks and teachers, packing "brain food" in school lunches can be key to academic success for Calgary kids, according to a local registered dietician.

Andrea Holwegner, president of Health Stand Nutrition in Calgary, said that while packing lunch for young kids can be a challenge, she has some solutions.

"Generally what I suggest to parents for healthy lunch packing is first off, make sure that you're getting three components to a balanced meal," said Holwegner.

The first of those three components is a starch or a grain, which Holwegner said provides energy to the brain.

"Without that in the meal, kids are going to fall asleep at school," she said, adding foods like bread, crackers, rice and potatoes will do the trick.

The second component of a brain-food-infused lunch is packing a fruit and/or vegetable, which will give students the vitamins they need to prevent illness, according to Holwegner.

Lastly, a school lunch should include a protein like cheese, yogurt, beans or meat, she said.

"Protein is really important to stabilize blood sugars, especially in little bodies."

Holwegner said one food that incorporates all these categories is a pasta salad, which she suggests tailoring to each individual child.

"It's a good make-ahead. You can make up a big container at the start of your week," she said, adding that allowing children to pick their own salad dressing makes the meal more fun.

Whatever is in the brown bag, Holwegner suggests venturing away every once in awhile from the sandwich.

Brown bagging

- Brown Bagging for Calgary's Kids began in 1990 and has since provided 945,400 free bagged lunches, according to their website.
- They deliver lunches to more than 60 schools around Calgary every day.
- The free, bagged lunches consist of healthy foods, which provide essential nutrients for development.

ROBIN KUNISKI/FOR METRO CALGARY

▶ Hey parents, be sure to pack a fruit or veggie in the kids' lunch to help ward off illness.

CRIME

Business broken into, man Tasered by cops

Officers Tasered a man yesterday after the suspect allegedly broke into a northeast business.

According to a release, the 30-year-old man allgedly smashed through the glass front door of a moving and storage company around 1 p.m. Cleaners in the building called police and upon arrival, officers found the man to be combative and Tasered him.

Police believe the man was under the influence of drugs at the time. He was taken into custody and charges are now pending.

One of the cleaners, as well as the culprit, received minor cuts from the broken glass.

METRO CALGARY

Teskey had drugs in cell?

2009 The year Teskey was last convicted of an assault charge.

An Edmonton man who was declared a dangerous offender for a vicious beating that left a man in a vegetative state has been accused of having drugs in his jail cell.

Leo Teskey was being held at the Edmonton Remand Centre in early August awaiting transfer to a federal facility when authorities allege they found the stash.

Michelle Davio, a spokeswoman with the Alberta Solicitor General's Office, says it is believed a visitor to the facility smuggled drugs in.

Davio referred questions on what drugs may have been found to the Edmonton police, but no one with the force was able to comment late Saturday.

"It wasn't a large amount," Davio said. "But I understand it was more than one kind."

THE CANADIAN PRESS

Accused to undergo assessment

A judge ordered a 30-day psychiatric assessment Friday for a Calgary man charged in a case of alleged torture involving his former roommate. Dustin Paxton faces charges including forcible confinement. THE CANADIAN PRESS

Cops seek graveyard vandals

Police are still searching for those responsible for a rash of vandalism at the Father Lacombe cemetery at 316–146 Ave. SE overnight Saturday. Eight tombstones were damaged according to police.

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Some still lack hydro in N.S.

A few hundred customers are still without power in Nova Scotia following the departure of hurricane Earl.

More than 3,000 homes and businesses were without electricity early yesterday but Nova Scotia Power crews were able to reduce the number to just over 300 by nightfall.

More than 200,000 customers had their power knocked out after Saturday's storm blew down trees and power lines across the province.

The storm packed wind gusts of up to 130 kilometres an hour in some places.

Hundreds of employees from the utility have been involved in the restoration effort, with assistance from crews from NB Power.

THE CANADIAN PRESS

Don't catch only to release, navy told

THE CANADIAN PRESS FILE PHOTO

▶ A member of the naval boarding party stands watch last spring on HMCS Winnipeg, the vessel at the centre of the "catch-and-release" controversy involving Somali pirates.

Planned prisoner-transfer deal with Kenya yet to be finalized

Ottawa was so embarrassed by the "catch-and-release conundrum" involving Somali pirates last year that it ordered the navy not to take any prisoners unless they had a case that would stand up in court, say federal documents.

The policy change happened in the spring of last year and meant sailors would stand aside unless they actually saw the "commission of an act of piracy, or armed robbery generally defined as illegal use of violence" on the high seas.

At the time, the frigate HMCS Winnipeg was patrolling the northwest Indian Ocean as part of a NATO anti-piracy operation.

"Only in situations where HMCS Winnipeg apprehends persons during its current anti-piracy operations and where it believes that sufficient evidence exists that could lead to a prosecutable case" would prisoners be taken, said a May 29, 2009 letter asking Defence Minister Peter MacKay to approve the new policy.

"Where no evidence exists to prove an act of piracy was committed, the expectation is that no detainees would be taken."
LETTER TO DEFENCE MINISTER PETER MACKAY, MAY 29, 2009

The warship made headlines by foiling an attack on a Norwegian oil tanker in the Gulf of Aden and hunting down the pirates on April 18, 2009. But Ottawa believed it didn't have the jurisdiction to prosecute, so the suspects were released.

Experts looked at Ottawa's policy with dismay and pointed to a UN Security Council resolution which called on "all states" with an interest in the area to investigate and prosecute pirates. THE CANADIAN PRESS

Ads aim to shut out salespeople

A new online campaign is encouraging people to ignore the doorbell when salespeople ring it

The "Ignore the Door" campaign, launched Aug. 27 by the Consumers' Waterheater Income Fund, is designed to educate consumers about how to handle door-to-door tactics.

The campaign is the brainchild of a company that owns some 1.3 million water heaters rented out across Ontario.

"We started this campaign because there's an increasing number of people that we're finding that are potentially misled at door-to-door," said Barry Zeidenberg, the company's marketing director.

49 Barry Zeidenberg said that an Angus Reid poll found 49 per cent of people aged 55 and older felt pressured to make a household purchase by door-to-door salespeople within the last five years.

THE CANADIAN PRESS

Afghans got $650K: Report

The Department of National Defence paid just over $650,000 during the course of two years to compensate Afghans for damages and deaths, according to the Receiver General of Canada.

THE CANADIAN PRESS

Faithful thank deity for devices

The glow of gizmos cut through the darkness of a modest Halifax-area church Sunday as parishioners raised their cellphones, laptops and GPS units toward the heavens for a special prayer.

THE CANADIAN PRESS

THE CANADIAN PRESS FILE PHOTO

▶ A government sign in Mississippi Mills, Ont.

Tories tracking stimulus signs

Civil servants across Canada were ordered by the Harper government to document every single sign posted anywhere promoting the federal economic stimulus plan, The Canadian Press has learned.

They've spent countless hours tracking every one of more than 8,500 "Economic Action Plan" signs posted since last summer, when the urgent, weekly exercise was ordered by the Privy Council Office, the bureaucratic support arm of Prime Minister Stephen Harper's office.

Eighteen departments and agencies are involved, including the country's over-stretched food inspection agency, fisheries and oceans officials, health, public safety and environment workers and Parks Canada employees.

Opposition critics have repeatedly claimed that the Conservative government is using the 2009 budgetary stimulus package as an ongoing partisan platform to promote the Harper government. THE CANADIAN PRESS

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Stoning could follow Ramadan

Iran's supreme court reviewing adultery conviction

THE ASSOCIATED PRESS

▶ Ashtiani

The lawyer for an Iranian woman sentenced to be stoned on an adultery conviction said yesterday that he and her children are worried the delayed execution could be carried out soon with the end of a moratorium on death sentences for the Muslim holy month of Ramadan.

In an unusual turn in the case, the lawyer also confirmed that Sakineh Mohammadi Ashtiani was lashed 99 times last week in a separate punishment meted out because a British newspaper ran a picture of an unveiled woman mistakenly identified as her. Under Iran's clerical rule, women must cover their hair in public. The newspaper later apologized for the error.

With the end of Ramadan this week, the mother of two could be executed "any moment," said her lawyer, Javid Houtan Kian.

THE ASSOCIATED PRESS

Riding. Works

A commuter rides a rental bicycle yesterday in London.

AKIRA SUEMORI/THE ASSOCIATED PRESS

London transit goes down Tube

Thousands of London subway workers began a 24-hour walkout yesterday. Minor delays were reported on some lines but more disruption to London's subway system is expected as drivers, signallers and station staff are due to join the action. The workers are unhappy about plans to scrap hundreds of jobs in ticket offices.

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Alberta uses lull to study temps

Need was driven largely by breakneck growth in the province's oilsands ◐ Many companies resorted to flying in workers

Commitment

The province also says it is committing $850,000 in funding to agencies that help temporary foreign workers adjust to life in Alberta. During boom times, thousands of workers from abroad were brought in to fill a variety of jobs across Canada.

Alberta is taking advantage of an economic lull to examine how a flood of temporary foreign workers has affected the province and how to prepare for the next labour squeeze, a provincial cabinet minister said Friday.

While some have called for a federal Temporary Foreign Worker program to be nixed altogether, Employment and Immigration Minister Thomas Lukaszuk said the initiative has served Alberta well.

"I would not be advocating for scrapping the Temporary Foreign Worker program. This program has actually worked very well at a time when there was a severe worker shortage," he told reporters.

Lukaszuk said he's asked his parliamentary assistant, Teresa Woo-Paw, to gather feedback from across the province on how the program can be improved. Woo-Paw is to report her findings in the spring, and then pass them on to Ottawa, which is in charge of the program.

THE CANADIAN PRESS

Bucharest. Protest

▶ Roma rights activists cover their faces with enlarged fingerprint copies during a protest in front of the French Embassy in Bucharest, Romania.

VADIM GHIRDA/THE ASSOCIATED PRESS

Roma oppose expulsion

Up to one hundred Romanian gypsies, or Roma, gathered to protest against the decision to expel the Roma of Romanian and Bulgarian origin from France to their countries of origin.

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Tech. Taiwan

▶ Peter Chou, CEO of Taiwan's HTC Corp., which makes phones that compete with Apple's iPhone.

NG HAN GUAN/ASSOCIATED PRESS FILE

HTC working to raise profile

HTC Corp., the Taiwanese maker of smartphones, is moving out of the shadows and trying to establish its own brand name as it competes with Apple's iPhone. HTC supplies U.S. carriers but a year ago only one in 10 Americans knew its name. With the help of marketing, HTC says that number is up to 40 per cent.

Unions ready for battle over public sector

Cuts could push economy backwards, warns CUPE president ◐ Unions recruiting more in public sector

While the private sector bore the brunt of the economic downturn, union leaders have turned their attention to the public sector this Labour Day as deficit-obsessed governments put the squeeze on their workers.

"I think there is the potential for quite a bit of confrontation in the public sector," said Erin Weir, economist for the United Steelworkers union, which counts approximately 11,000 public-sector employees among its Canadian ranks.

Governments at all levels have warned that public-sector workers won't be immune as they shift their focus from stimulus spending to deficit cutting.

In Ontario, Premier Dalton McGuinty has asked everyone in the public sector to accept a two-year wage freeze as part of a battle to slay a massive deficit that has been projected at more than $100 billion over eight years.

In March, the province announced an immediate freeze on non-unionized workers and managers in the public sector. It will also cap compensation packages for unionized public sector workers for two years after their current contracts expire. THE CANADIAN PRESS

Mixed views

Pollsters surveyed 2,000 Canadians on the economy in the final two weeks of August.

- **Pessimists** Only 20 per cent of respondents said they believe good times will return in the next 12 months, down from 25 per cent who said so in the last survey.
- **Optimists** However, about 26 per cent said they believe they themselves will be better off financially in a year, with only 14 per cent expecting to be worse off.

How much will you spend to save money?

How do you get penny pinchers to spend these days? Pitch products that promise to save them money.

Demand is rising for kitchen and bath gadgets that squeeze out that last blob of toothpaste and help get the suds out of tiny slivers of soap.

During the Great Recession, penny pinchers got even cheaper, while showing the newly frugal how it's done.

Cheapskate gadgets may be a sign of the times, but they're also a sign of how product makers and retailers are trying to get people back in the spending habit.

Marketers of these gizmos tout how the pennies they save by reducing waste can add up. Retailers are stocking up.

A.J. Khubani, the man behind gadgets such as the PedEgg foot scraper, is making cheapskate gimmicks a priority at his company Telebrands, one of the nation's top direct-response TV marketing companies.

"The mood of the country has changed," said Khubani. "We've had tremendous opportunity with this recession."

An open question is whether the truly frugal are too cheap to buy the gadgets that can cost up to $20. Who needs a soap saver when an old washcloth or a pair of pantyhose will do?

"Surely, people who lived through the Great Depression found ways to use up all their soap without needing a soap saver," said Lynnae McCoy, who runs the blog beingfrugal.net. THE ASSOCIATED PRESS

RICHARD DREW/THE ASSOCIATED PRESS

▶ The Fizz-Keeper, left, and Bottle Top both keep drinks from going flat.

Gadgets

Big companies are stocking up on items to help people save a dollar, such as:

- **Fizzy** Caps that keep the fizz in opened pop cans.
- **Turning green** Digital day counters: Gizmos that count the days and hours food has been in the refrigerator.
- **Expanding** New, stylish versions of pants extenders that let people wear their clothes even when they gain or lose weight.

Postmedia cutting jobs

Postmedia Network Inc. confirmed Friday that some of its daily newspapers are cutting jobs in an effort to tighten their operations and refocus on serving an Internet-based readership.

Canada's largest-circulation newspaper chain, made up of the former Canwest dailies, has started laying off some employees and offering voluntary buyouts to others at some of its operations, said Postmedia CEO Paul Godfrey.

He wouldn't give specifics on the number of employees that will be affected. THE CANADIAN PRESS

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IT'S TIME FOR THE RELATIONSHIP TALK

She says ...

JESSICA NAPIER

There are two seriously awkward conversations everyone will have by the time they've reached their 20-something years.

The first probably happened around a decade ago when mom and dad sat you down and tried to talk to you about your sex life. As embarrassing as it might have been to listen to your parents wax poetic about condoms, it doesn't really compare to that other uncomfortable exchange you will be forced to have about two months into the beginning of every new relationship. I'm referring, of course, to *The Talk*, when a new couple determines if a given period of dating has successfully resulted in a full-blown relationship.

Before you arrive at this terribly uncomfortable conversation you first get to enjoy a blissfully carefree period of romance. Dates one through 10 are optimistic, lighthearted and generally stress free. However, eventually you begin to realize you might *really* like this person and that's when you start to wonder if he or she feels the same way, too.

"However, eventually you begin to realize you might *really* like this person and that's when you start to wonder if he or she feels the same way, too."

It is generally considered unacceptable to simply blurt out, "So, are you my boyfriend now?" Instead, you are expected to endure a lengthy period of confusion, caught in between being single and being a couple. I like to refer to this agonizing state of unknowing as *dating purgatory*. No one wants to be the first to bring up the c-word (commitment), so this desperately coy game of relationship chicken can go on for a number of weeks, and even months, before someone finally utters those inevitable words, "Where do you see this going?"

Is there a better way to approach this difficult yet necessary dating milestone? While they say timing is everything, my most recent attempt at *The Talk* relied heavily on humour and plenty of wine. After some inaudible mutterings on my part about "being on the same page," he responded with nervous laughter and somehow we eventually reached the conclusion that we were now a couple.

Obviously, there is no cool, mature way to resolve the question of exclusivity. Asking someone if they want to be your boyfriend or girlfriend is possibly the most childish moment in any adult relationship. Perhaps we could all just make things a little easier by agreeing on some sort of standard dating formula. Here's what I'm proposing gentlemen: 10 dates + 4 sleepovers + 1 drunken night out with friends + a toothbrush at her place = boyfriend.

Cartoon

MICHAEL DE ADDER

Dangers of 'digital tattoo'

Worth mentioning

Call it Facebook 101.

Universities across the country are offering workshops, seminars and tipsheets on social media etiquette to new students, warning them of the potential consequences of posting every drunken moment online.

"They should think about what they do online as something they have to be comfortable talking about with their grandkids 50 years from now," said Jason Nolan, an assistant professor at Toronto's Ryerson University.

Ryerson isn't the only school to embark on teaching web etiquette.

The career centre at Toronto's York University offers a workshop to students wanting to learn how to use social media to find jobs, which includes a component on how to present oneself professionally online.

Carleton University in Ottawa offers a similar program through its career centre, and — at the request of faculty members — offers presentations to classes.

At Dalhousie University in Halifax, students who log in to their internal email see an article posted to the web portal about online media titled, "Facebook: Don't Be So Trusting."

The University of British Columbia has dubbed the danger the "digital tattoo."

THE CANADIAN PRESS

Web etiquette

THE CANADIAN PRESS FILE

What is the first thing you notice in the opposite sex?

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Metro Minute at Millennium Park

If you have a minute to spare today, swing by Calgary's Shaw Millennium Park to watch some of the city's skateboarders.

As the largest skateboarding and in-line skating park in North America, the park offers numerous dips, bowls, mounds and a full pipe.

In addition, the park has basketball and volleyball courts, an amphitheatre, a clock tower and a water area for kids. It's located at 1220 9th Ave. SW near the Telus World of Science Centre.

Millennium Park is open all year round, 24 hours a day and admission is free.

Skateboarders of all levels are welcome.

METRO CALGARY

TORSTAR NEWS SERVICE FILE

▶ Check out the skateboards at Shaw Millennium Park.

Hip-hop star using Twitter to atone for his infamous on-stage brush with Taylor Swift at the MTV Video Music Awards Grammy-winning says he received death threats and suffered setbacks to his career following the incident

Kayne West grabs the microphone from Taylor Swift at last year's MTV Video Music Awards.

Kanye ready to bounce back

Hip-hop star Kanye West is still feeling the pain over his ambush of Taylor Swift last year — and he's expressing his pain all over Twitter.

West unleashed a torrent of emotions on his official Twitter account Saturday, acknowledging once again that he was wrong for jumping on stage, grabbing the microphone from Swift at the MTV Video Music Awards and saying her trophy should have gone to Beyonce.

But the rapper-producer said that he has experienced enormous pain, been the subject of death wishes and suffered tremendous setback to his career.

"How deep is the scar ... I bled hard ... cancelled tour with the number one pop star in the world ... closed the doors of my clothing office," he tweeted.

The multiplatinum, Grammy-winning superstar had been one of the decade's most successful and critically acclaimed stars, despite sometimes boorish behaviour and meltdowns at other awards shows when things did not go his way. However, when he upstaged Swift — the then-teenage darling of pop and country music worlds —the public had had enough.

At the time, he went on Jay Leno's prime-time show to apologize and said he still had not recovered from his mother's death two years prior. He cancelled a joint tour with Lady Gaga that fall, apparently due to low ticket sales.

After the incident, he said, "People tweeted that they wish I was dead ... No listen. They wanted me to die people. I carry that. I smile and take pictures through that."

West said he's now "ready to get out of my own way. The ego is overdone."

THE ASSOCIATED PRESS

Worldwide success not so tweet for K'Naan

It looks like a breakout year has taken its toll on K'naan.

The Somali-born, Toronto-raised hip-hop star took to Twitter on Saturday to come clean over what he felt was a half-hearted performance in Ireland.

"In all my years of touring, today marks the 1st time I've played an entire concert w/out feeling a thing. Just going through the motions," he tweeted early Saturday afternoon.

"I don't wanna be like this. Like 1 of those artists."

K'naan had been in Stradbally, Ireland, to play the Electric Picnic Festival. He was to perform in London yesterday before kicking off a monthlong Canadian tour in Montreal.

He's spent most of the year on the road. His Wavin' Flag was chosen as Coca-Cola's World Cup anthem, so K'naan found himself whisked from continent to continent along with the Cup, performing the triumphant tune — a Top 2 hit in Canada, Austria, Germany, Ireland and Switzerland.

THE ASSOCIATED PRESS

K'Naan

2 scene

In brief

A speculation about Jesse James and Kat Von D appears to have been on the nose, as the L.A. Ink star says she's in love with Sandra Bullock's ex-husband, People magazine reports. "Jesse is only my ninth boyfriend. I don't hang out with anybody unless I am in love."

METRO

Hitman Clooney's The American wins weekend battle with $16.4M

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RAPPER

Ne-Yo has tough love for T.I.

Ne-Yo says T.I. has had many chances — and it's time he gets his act together.

After T.I. was arrested in a drug case, Ne-Yo called him one of the smartest people in the music industry. "I just feel that he makes a lot of poor decisions when it comes to the people that he surrounds himself with," Ne-Yo said in an interview Thursday night. T.I. was taken into custody Wednesday with his wife Tameka "Tiny" Cottle on suspicion of possessing methamphetamines after police pulled over their car. They were released on bail. The arrest occurred while T.I. is on three years probation in a weapons case.

T.I. was poised to have a major comeback.

He stars in the nation's No. 1 movie, the heist thriller Takers, recently married his longtime girlfriend and was wrapping up a new album. But now there are questions about whether he's returning to the music charts — or prison.

THE ASSOCIATED PRESS

School chimes ring out Gaga

An Iowa State University music professor says the Lady Gaga club anthem Bad Romance translates better than you might think into the 33-metre-tall, organ-like instrument known as a carillon.

Video of the pop hit chiming across Iowa State's campus has racked up hundreds of thousands of views on YouTube. The Des Moines Register reported Friday that professor Tin-Shi Tam played it a week earlier after students started requesting it over the summer.

9 Rolling Stone magazine ranked Lady Gaga's Bad Romance at number nine of the 25 Best Songs of 2009.

Tam gives daily lunchtime performances on the carillon during the school year, mostly folk songs and traditional arrangements. She sets aside Fridays for requests, and said recent favourites include Queen's Bohemian Rhapsody and Led Zeppelin's Stairway to Heaven.

ASSOCIATED PRESS

Pop pixie coy about trilogy experiment

DAVE HOGAN, GETTY IMAGES

▶ Swedish singer Robyn prefers short tours.

Songs aren't finished yet for third Body Talk album, singer says

EMMA BJÖRKMAN
for Metro Sweden

Klas Åhlund, Kleerup, Diplo, Savage Skulls and Snoop Dogg — are among the people who have collaborated with Robyn on the new record Body Talk pt.2.

"I think Body Talk pt.2 is a continuation of the first record," she says.

Three albums in a year, that was Robyn's plan when she released Body Talk pt.1 in June. Now the plans may have changed — she has just started writing songs for Body Talk pt.3.

She says: "This is an experiment and a new way of working, not an attempt to set a new world record in releasing the most records in year."

The earlier record in the trilogy also involves Kleerup, Klas Åhlund and Patrik Berger, who co-wrote the hit Dancing on my own.

"The fun thing about working this way is I'm much more present in the process."

ROBYN

Robyn's life

Robin "Robyn" Carlsson, 31, lives in Stockholm. Her fiancé is Olof Inger, an artist.

Robyn's Body Talk pt.1 was released in June. Body Talk pt.2 is out this week. Her third is in the works.

working this way is that I'm much more present in the process and it becomes a lot more inclusive.

"I'm in the studio and meet people and those meetings may result in collaborations, but that's not something I know for sure because there aren't any finished songs for the third album yet."

After these three records, will there be another five years before we hear from you?

"No. That's the idea, that it's not meant to do that. My idea is to continue working like this – short tours and making music – but I don't know what that will mean, or whether the next album will come next year. I'll just keep making music and then we'll see."

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KEVIN WINTER/GETTY IMAGES

▶ Actor John Travolta and actress Kelly Preston's son Jett died in January 2009 in the Bahamas.

extortion case

Pair were accused of threatening to release private information after the death of actor's 16-year-old son
Mistrial was declared in earlier trial in October

A judge in the Bahamas dismissed charges yesterday against two people accused of trying to extort money from John Travolta after the prosecutor said the actor no longer wanted to pursue a case stemming from the death of his teenage son.

Prosecutor Neil Braithwaite had submitted a motion to drop the case after a jury had already been picked and a retrial scheduled for the two defendants.

"The Travolta family has said that this matter has caused them unbelievable stress and pain and they wish to put this whole thing behind them," Braithwaite said.

Ambulance driver Tarino Lightbourne and his attorney, politician Pleasant Bridgewater, were accused of threatening to release private information about the January 2009 death of Travolta's 16-year-old son Jett at the family vacation home in Grand Bahama.

Lightbourne, who was among the medics who treated Jett, allegedly sought $25 million from the actor with the assistance of Bridgewater, who resigned her seat in the Bahamas Senate after she was charged in the case.

A judge declared a mistrial in October after a Bahamian lawmaker suggested the still-deliberating jury had acquitted one of the suspects.

Travolta had testified during that trial and one of his attorneys said in October that he had been prepared to testify again if necessary. But the actor said yesterday that the delay in prosecuting the case had prompted his decision not to take the stand again

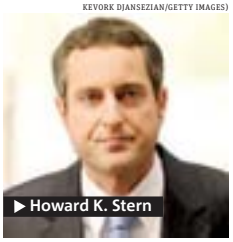
"The long-pending status of this matter continued to take a heavy emotional toll on my family, causing us to conclude that it was finally time to put this matter behind us," he said in a statement to The Associated Press.

"Therefore, after much reflection I concluded that it was in my family's best interest for me not to voluntarily return to The Bahamas to testify a second time at trial."

THE ASSOCIATED PRESS

Witness against Stern recants

KEVORK DJANSEZIAN/GETTY IMAGES)



▶ Howard K. Stern

A witness in the Anna Nicole Smith drug conspiracy trial recanted statements Friday that he saw defendant Howard K. Stern give the celebrity model excessive drugs.

Ford Shelley also testified that he never saw Smith abuse drugs, and that he believed her boyfriend-lawyer Stern shouldn't be on trial.

Shelley, whose family provided Smith a house and spent time with her in the year before she died, was a combative prosecution witness.

"Mr. Shelley, you don't want to be here testifying, do you?" Deputy District Attorney Renee Rose asked.

"No, because I don't think the man ought to be sitting here," Shelley said, looking at Stern across the courtroom.

Shelley had previously suggested to investigators that Stern overmedicated Smith. However, he said Friday he had been mad many of the times he had been interviewed since the death of Smith.

Stern, Eroshevich and Dr. Sandeep Kapoor have pleaded not guilty to providing Smith with excessive drugs and other charges. THE ASSOCIATED PRESS

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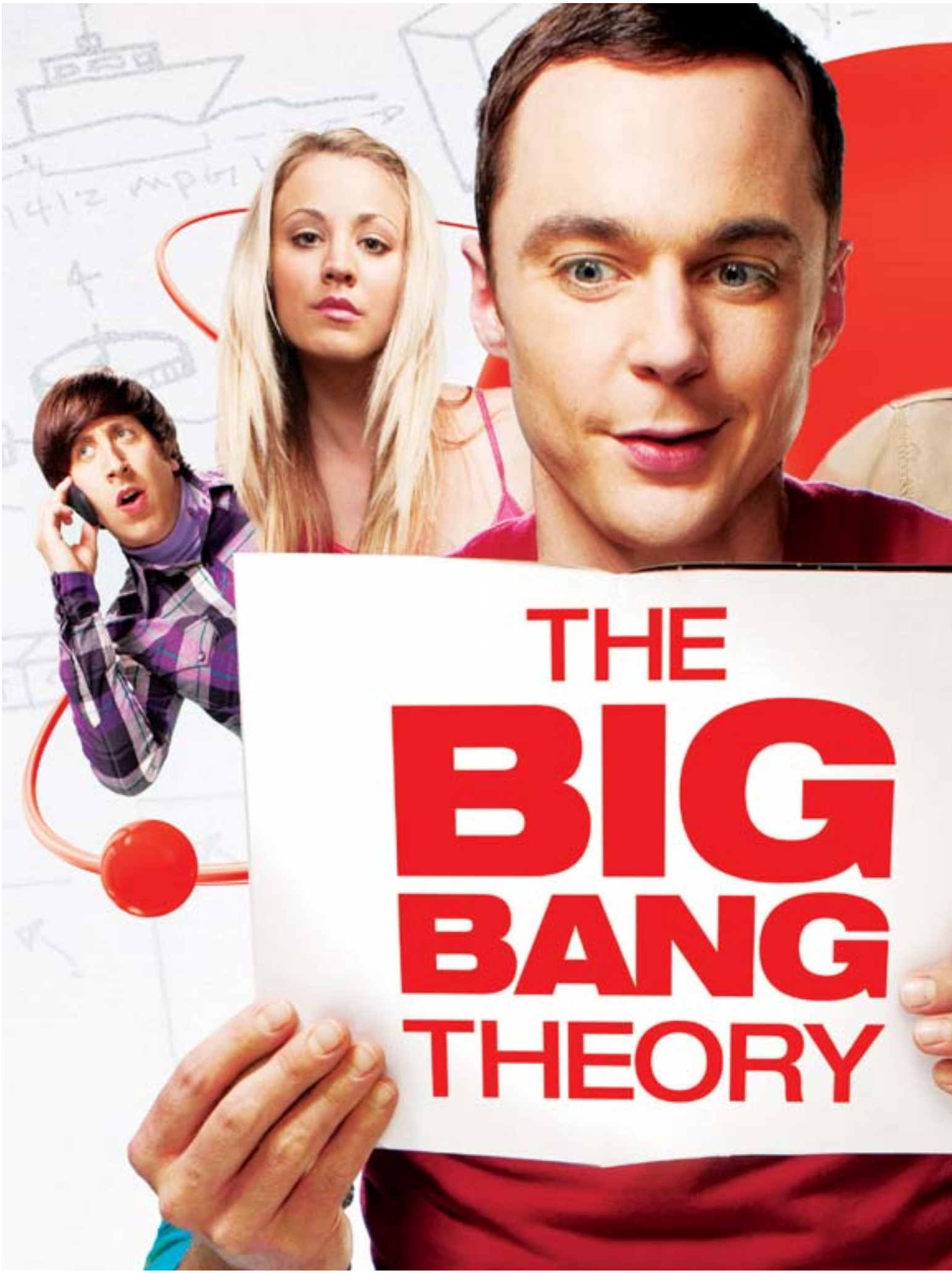
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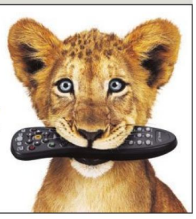

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Don't miss Micmacs

Micmacs
Genre: Comedy
Director: Jean-Pierre Jeunet
Stars: Dany Boon, Yolande Moreau, Dominique Pinon
⊕⊕⊕⊕⊕
Call Micmacs a secret blockbuster.

This French bonbon is every bit as antic and explosive as those other summer rattlers, but you may have to stray out of your neighbourhood, your linguistic preference and your preconceived notions to find it.

Imagine a Mission: Impossible satire in which the likes of Charlie Chaplin, Buster Keaton and Harold Lloyd are acting as spies.

In this case, it's Parisian street performers, who seek payback on two French arms dealers. These urban warriors are loyally supporting their new pal Bazil (Dany Boon), whose life has been inextricably and tragically linked to the arms merchants.

Micmacs is directed by Jean-Pierre Jeunet, the mirthful mind behind Amélie. He co-wrote it with Guillaume Laurant, his Amélie co-scribe.

The movie is an amalgam of Jeunet's two personalities: the starry-eyed celebrator of amour and Paris, as seen in Amélie, and the down-and-dirty trawler of the weird and grotesque, as witnessed in Delicatessen, an earlier film Jeunet made with Marc Caro.

This is definitely the only thriller you will ever see where the plot includes Marilyn Monroe's molar and Benito Mussolini's eyeball.

The title, incidentally, is shortened from the French original Micmacs à tire-larigot, an idiom I understand to mean "plenty of trouble." But here's a more direct and urgent statement: You must see Micmacs.

● PETER HOWELL

Year of the Carnivore
Genre: Comedy
Director: Sook-Yin Lee
Stars: Cristin Milioti, Mark Rendall, Kevin McDonald
⊕⊕⊕
Sex is a laughing matter for Sammy Smalls (Cristin Milioti), who can't stop giggling when she's wriggling. Blame it on her body-image issues, but it's a deal-breaker for Sammy's busker boyfriend Eugene (Mark Rendall).

Solution? She needs experience, pronto, and sets out to get it the way a bull goes china shopping. Any man with a pulse is in danger of meeting Sammy's newly unleashed libido, whether he likes it or not.

That's the hook for Sook-Yin Lee's decidedly quirky yet endearing comedy that wears its Juno crush like a hickey, and I mean that in a good way.

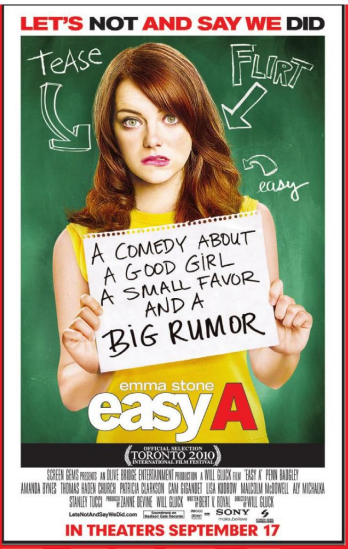
Milioti is a real find, bringing humour and empathy to a character that might normally summon thoughts of a restraining order.

Sammy is a 21-year-old shop detective at a grocery store. She's good at spotting shoplifters — including one oldster who hides a steak under his hat — but she leaves the punishment to her boss, who metes out summary justice out back.

Of much greater concern of Sammy is her inability to have sex without having a giggle fit, a problem that has prompted exasperated Eugene, a true free thinker, who insists she play the field. Sammy does so in a way that combines work with pleasure, after a fashion.

As creepy and crazy as this scenario sounds, Milioti never loses touche with the audience. Neither does writer/director Lee in her feature directing debut. She's able to get in touch with the needs of a nerdy naïf.

● PETER HOWELL

LET'S NOT AND SAY WE DID


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RV dealer pays for taking on Team Jacob

Business to fork out $40,000 to Lautner for failing to deliver custom vehicle, Us Weekly reports

Taylor Lautner came out on top in his dispute with an RV dealership that failed to deliver a custom vehicle for the Twilight star, according to Us Weekly.

"McMahon's RV has agreed to settle its dispute with Taylor Lautner," the actor's lawyer says. "McMahon's RV will pay $40,000 to Lautner, which Lautner will donate to the Lollipop Theater Network, a children's charity with which he has a long-standing relationship."

The 18-year-old Lautner sued the dealership Monday, saying it missed a June deadline to deliver the 2006 Affinity Country Coach for use on the set of the movie Abduction.

Lautner's lawsuit also claimed the RV needed additional work after it was delivered. Barta's statement claimed the vehicle wasn't in a safe, drivable condition when it was handed over.

It was unclear what upgrades Lautner sought. McMahon said the vehicle was given a custom paint job.

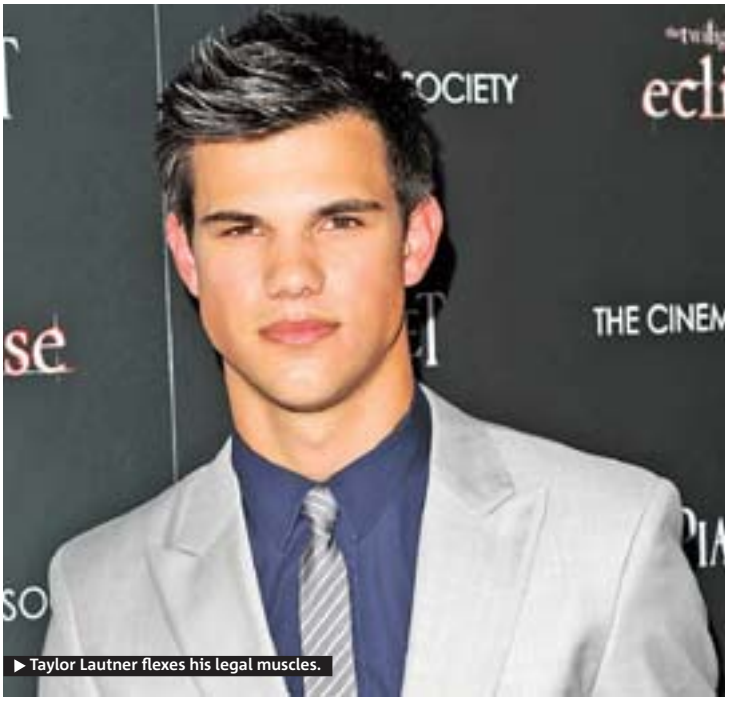
McMahon had offered to compete in a push-up contest to solve the dispute.

McMahon and his attorney had denied wrongdoing and had said they will vigorously defend the case in court if Lautner, 18, doesn't accept the challenge.

Lautner's attorney Robert Barta said the challenge was indicative of problems with the dealership.

A phone message seeking comment on the settlement was not immediately returned.

METRO

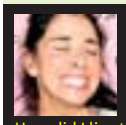


▶ Taylor Lautner flexes his legal muscles.

Celebrity tweets

Kelly Osbourne [@MissKellyO] I made it to the gym!!!!

John Mayer [@johncmayer] I wouldn't say I have to "man up" as much as "girl it down."


Sarah Silverman [@SarahKSilverman] How did I live this long without having seen that Double Rainbow video and it's autotune companion??

Conan O'Brien [@conanOBrien] Just spent all day at Legoland. It was so much fun, next time I think I'll bring my children.

Christina keeps the love alive

MARRIAGE. Christina Aguilera says that after five years of marriage to Jordan Bratman, nothing has really changed. "Marriage unites you and makes you official, but it didn't change our relationship. All the things like wanting to work hard and play hard — they were always important to us," she tells Cosmopolitan. But that's not to say there's no effort involved on Aguilera's part. "I leave little lipstick marks on the bathroom mirror for when he wakes up, and little notes written in lipstick on the mirror and in the shower," she says.

METRO

▶ Lindsay Lohan

Watch out! Lindsay Lohan's behind the wheel once again

Barely a week after getting her license back for the first time in years, Lindsay Lohan is reportedly having trouble behind the wheel again.

Sources say the troubled actress clipped a stroller holding a small child while turning a corner in West Hollywood, according to Radar Online.

"It wasn't super hard, but she made impact and hit them," a source says. "Lindsay pulled to the right, stopped for two seconds, and then just kept going." When contacted for comment, Lohan told the website, "I don't know what you're talking about," before hanging up.

METRO

Jean still sore over Penn stand

Wyclef Jean is apparently still bristling from Sean Penn's decision not to back the singer's bid to be president of Haiti.

Appearing on Larry King Live recently, Penn said, "One of the reasons I don't know very much about Wyclef Jean is I haven't seen or heard anything of him in these last six months that I've been in Haiti."

Jean struck back recently during a concert in New York, updating his song If I Was President with the line, "I got a message for Sean Penn, maybe he ain't see me in Haiti because he was too busy sniffing cocaine."

METRO

▶ Wyclef Jean

Dad Joe defends spanking MJ

HOW TO RAISE A STAR. Joe Jackson stands behind his decision to spank Michael Jackson and his other children. "They tried to make a big issue when I spanked Michael or some of the kids, ya know? Just like they didn't spank their kids when they did wrong. The media twists everything," he says in a video interview, according to TMZ. "I had to be like that because when raising him, in those days, so many gangs out there getting into trouble, going to jail. Most of them are dead now. He didn't have to worry about that."

METRO

Talking points

Gaga's eating troubles?

REVELATION. Lady Gaga's former tour manager claims the singer was hospitalized six times in 2009 because of eating-related illnesses, according to a new book. "When I say she was sick, I mean physically and mentally," David Ciemny says in Poker Face: The Rise and Rise of Lady Gaga. According to Ciemny, the singer would binge on junk food and then starve herself for weeks to drop pounds and fit into her outlandish costumes.

METRO

Don't call him Marky Mark

THE PAST IS A HOOT. Mark Wahlberg admits he cringes at the sight of himself back when he was known as Marky Mark. "When I see the footage, I was such an ass," he says. "I remember seeing this thing on VH1, some Sexy People Of The '90s show. My brother Paul was watching with me and my assistant. They were just killing themselves with laughter," he says.

METRO

3 life

New brand

Baby carrot farmers are launching a campaign that pitches the little, orange, snacks as fun and naughty — just like junk food. A group of 50 producers hopes the "Eat 'Em Like Junk Food" effort starting next week will double the $1 billion market in two or three years. The goal is to get people to think of baby carrots as a brand they can get excited about — not just a plain, old vegetable. A website, babycarrots.com, features metal music and deep male voices chanting "Baby. Carrots. Extreme." On social networking site Twitter, the campaign's account suggests people eat them "like there's no tomorrow (maybe there won't be...)"

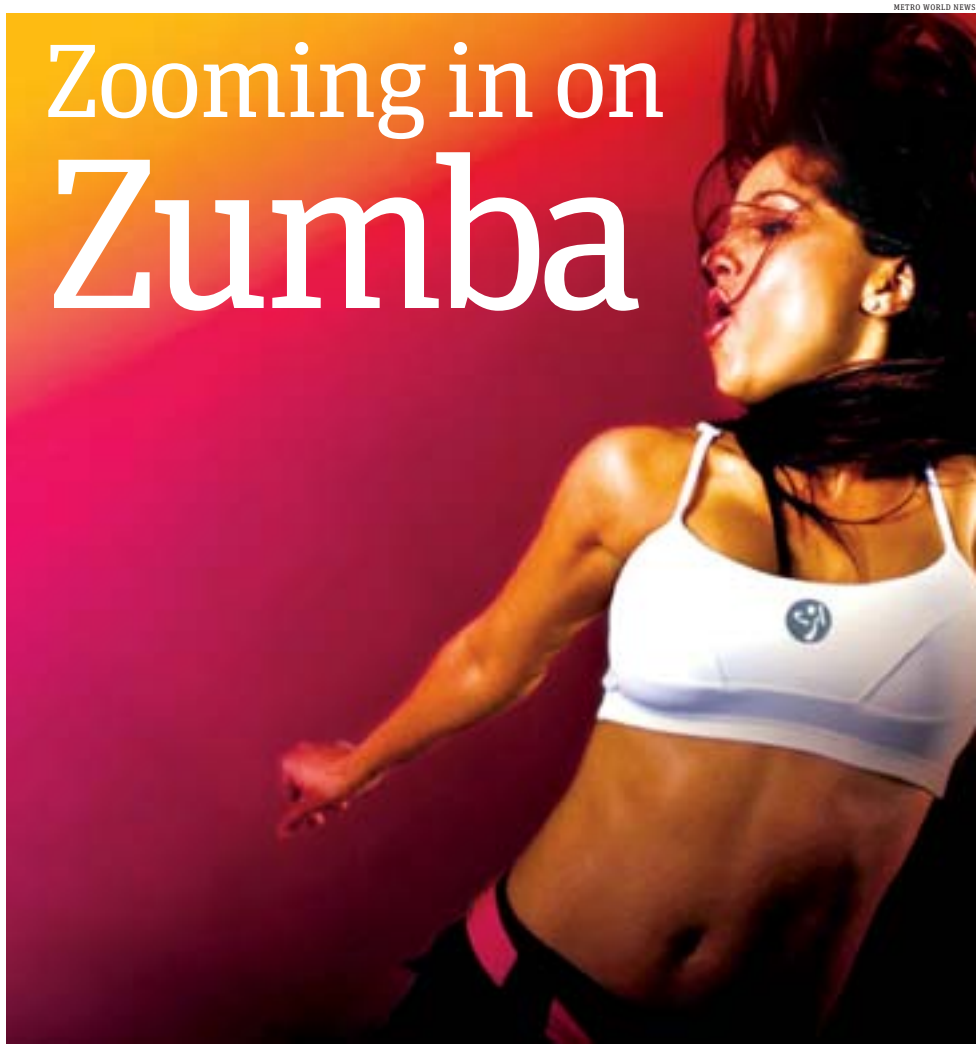
THE ASSOCIATED PRESS

Is your kitchen clean?

An international dance and cardio workout integrating both Latin and Asian moves, Zumba is the moving proof that there can be some science behind the best and wildest of parties Metro speaks to Zumba instructor Julie Kelly about how to get into the heat and heart of this exotic workout.

Zooming in on Zumba

METRO WORLD NEWS



Get the party started

Zumba moves are relatively easy therefore allowing the focus to remain on building up energy and finding a rhythm.

"There's a real party feel to it," says Kelly. "It's exercise in disguise and by the end of the class everyone is drenched in sweat. It reshapes your core and you start seeing definition lines in your body you didn't know you had. It works the bum, the thighs, the belly, the waist, the arms-everything."

ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Zumba combines moves from salsa and tango over to merengue and belly dancing.

A class will have you swirling, squatting and swerving your way around your body and leave you smiling and sweating.

A cardio vascular exercise in disguise, Zumba carries huge benefits for the heart and is as instructor Julie Kelly describes, a form of "intermittent training."

"As you go from one dance move into the next, your heart rate goes up and down in a curvy line," she says. "This gives you time to recover in between moves and the ability to last throughout the entire workout."

Alongside its cardio benefits, Zumba also works on the core area, toning and defining stomach, arms and leg muscle. It also focuses on improving flexibility as engaging the hip and pelvic muscles and the lower back.

▶ Show off your sexy spins and moves.

"Men come to Zumba class as the flexibility work improves their golf swing," says Kelly.

"The underlying sexiness of Zumba gives people the permission to move in ways they normally wouldn't, great for building self-esteem and body confidence and highly empowering."

The flowing pace allows people to mindlessly burning calories, great for weight loss.

Zumba is unique in that one class can require you to perform belly dance moves where you must engage your core and lower back, followed by the salsa figure eight and lunges.

"We integrate the essence of Latin and (Asian) moves into the fitness," says Kelly.

"Salsa, flamenco, Indian bhangra, tango … they all require hip movement and core strength. We do some salsa squats and side steps that are more focused on aerobics and great for toning up the legs. We also have this one move whereby we use the rib cage to swerve the hips into a figure of eight, great for trimming the waist."

BLT in frittata form

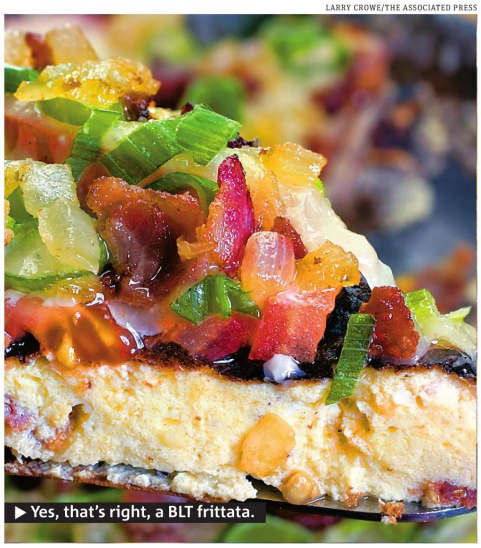
Is there anything a BLT can't inspire? It's been turned it into a pasta dish. It's been made it into a jam. It's been done as a salad. Even as a soup. And now … we give you the BLT frittata.

OK, it isn't a direct correlation. This recipe tops a basic egg frittata with bacon and tomato. Lettuce seemed a poor choice for anything that lands under a broiler, so the recipe goes with another green — chopped scallions. A healthy toss of grated manchego cheese helps tie it together. The result is a fast and easy flavour-packed dish that is ready for dinner duty. And if you want to lighten it up, just substitute turkey or chicken bacon and cut back or eliminate the cheese.

Ingredients :

- 6 large eggs
- 50 ml (1/4 cup) fat-free half-and-half (or milk)
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) ground black pepper
- 125 g (1/4 lb) bacon, cut into small pieces
- 1 medium yellow onion, diced
- 2 ml (1/2 tsp) garlic powder
- 1 large or 2 medium tomatoes, thinly sliced
- 250 ml (1 cup) grated manchego cheese
- 1 scallion, thinly sliced

LARRY CROWE/THE ASSOCIATED PRESS



▶ Yes, that's right, a BLT frittata.

Preparation:

1. Heat oven to broil. In a medium bowl, combine eggs, half-and-half, salt and pepper. Whisk well, then set aside.
2. In a large, oven-safe skillet over medium-high, cook bacon until just crisp, about 5 minutes. Add onion and garlic powder and saute for another 6 to 8 minutes or until onion begins to brown. Transfer half of the bacon and onion to a small bowl and set aside.
3. Return skillet with remaining bacon and onion to medium heat. Add eggs to skillet, stir to mix in bacon, then let cook until the bottom has set, about 5 minutes.
4. Remove skillet from heat. Arrange tomato slices over top of eggs in an even layer. Sprinkle cheese over tomatoes, then sprinkle scallions and reserved bacon and onions over it.
5. Broil on oven's lowest rack for 1 to 2 minutes or until the cheese is melted and lightly browned and the egg is set through the centre.

THE ASSOCIATED PRESS

Liquid Assets

Final BBQ days

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

Like it or not folks with Labour Day come and gone, the end of summer isn't far behind. That doesn't mean we can't party like it's 1999; especially when there's still some prime barbecuing weather left. I'm keen to grab some red meat and a little chicken and take advantage of every cooking alfresco day I have left.

My choice grilling grape mate is malbec, but rather than choose one from Argentina (where the berry is king) think neighbouring Chile and the Concha y Toro 2009 Casillero del Diablo Malbec ($12.95 - $14.23).

For a BBQ white I'm all over chardonnay. The grape's got the body and personality to make nice with both red and white meat with the Sterling Vineyards 2009 Vintner's Collection Chardonnay ($14.95 - $15.25) from California's Central Coast.

Prices reflect the range across the country. Some products may not be available in all provinces.

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ADVERTISING FEATURE

Committed to Quality

Ron Versteeg, 49, works on his dairy farm seven days a week and he plans to keep it up for another 20 years. When you're part of an industry you believe in, it's easy to stay motivated.

"I love my job," says Ron, a third-generation farmer and resident of Russell, Ontario near Ottawa. "My work helps make Canadian dairy products the best in the world, not just in terms of purity and quality, but taste, too."

Ron's high-tech, highly regulated operation would shock an old world farmer like his grandfather. He owns 210 heads of cattle, each housed in a sand-bedded stall. His farm milks 100 of them every day—three times each. Speed is important, but cleanliness matters most. "We clean the cow's udders beforehand and dip the teats in iodine immediately afterward to prevent contamination," Ron explains. "The milking itself takes about five minutes."

Ron's family owns a 'closed herd'; meaning they don't milk cattle they haven't raised themselves. They also grow all the hay, soybean, corn and cereals needed to feed the herd. This allows Ron maximum quality control over his operation. Even if something escaped his attention, dairy industry procedures would be there to catch it. "The milk's picked up every day," says Ron. "The transporter tests it on the spot, and it's tested again when it arrives at the processing plant. If it reaches your table, you can be sure it's safe."

The '100% Canadian Milk' symbol, displayed on hundreds of dairy products, signifies that all proper procedures have been followed. For Ron, though, it means even more: "When Canadians choose to buy products made with 100% Canadian milk, they are purchasing the finest milk Canadian producers have to offer. But they can also feel good knowing they are contributing to the local economy in more ways than one. Through the support of Canadian consumers, I was able to build a new barn, a project that allowed me to employ 20 local workers for almost a year."

For recipes and more info on 100% Canadian milk, go to metronews.ca/canadianmilk

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MARTHA IRVINE/THE ASSOCIATED PRESS

▶ Ariana Kramer, left, follows her mother as they shop for supplies in Iowa City, Iowa, where she is beginning her freshman year.

Lessons in life

Goodbye mother, goodbye father: Student send-off may be harder for parents

The hour when Ariana Kramer will begin her college career is fast approaching — and her parents are in an office supply store, disagreeing about hanging files, of all things.

"She'll need them," her mother says.

"I don't think so," her dad counters.

Ariana, meanwhile, walks dreamily through the store, offering no opinion on this particular decision. She is, in fact, confident that she will have what she needs when she starts her freshman year at the University of Iowa.

She has mom, the family organizer, with her, and dad, the calm encourager. And they have "the list," which mom printed from one of those "what-you'll-need-at-college" websites.

"I'm supposed to shed a few tears and then send her to the world, right?"
ROBIN KRAMER

New laptop. Check.

Comforter with matching sheets. Check.

Laundry detergent. Body wash. Antacid.

Check. Check. Check.

Mind you, Robin and Paul Kramer aren't those crazy college parents — not like the mother who, as relayed by one dean of students at one California college, stayed in her daughter's dorm room with her for four nights to help her adjust (until the daughter's roommate complained).

Nor have they ignored barricades intended to keep parents from trying to register for classes for their children, or crashed student-only orientation events, which officials at universities say happens more and more.

Still, even for average parents, the letting go is difficult — more so, they and many others say, than it was for parents of college-bound freshmen in decades past.

Robin Kramer recalls how her own parents, who never attended college, dropped her off with a trunk full of belongings at Drake University, also in Iowa, in 1978. She set up her room and attended orientation without them there. "It's just what you did then," she says.

It was much the same for Paul, whose father took him to the University of Wisconsin in 1977 and then went fishing. "It was a culture shock," he says. "I wasn't sure I was going to survive."

Perhaps that is part of what makes this "process of leaving," as Robin calls it, more difficult.

It is, all at once, overwhelming and exciting for everyone involved.

THE ASSOCIATED PRESS

LOVE FINDS A WAY

▶ Kevin and Eileen first met at university.

How We Met: Kevin & Eileen

Names: Kevin, 32, and Eileen, 30

Hometown: Toronto

Together since: 2004

Their story:

"I (Eileen) first saw Kevin while I was doing my undergrad at the University of Western Ontario. He would wait outside my economics class for an "accidental" run in, but it never ended up happening. Then he found out that I was roommates with one of his friends from high school. He asked her if I was single — I was not. And then he discovered we were all going on vacation to Mexico for spring break. He tried to get invited — he was denied. He kinda became my friendly, neighbourhood stalker. We officially met in my third year of university (his fourth) at a party thrown by a mutual friend. I loved his sense of humour and I thought he was absolutely gorgeous, but I was dating someone else at the time. The timing was just off. Fast-forward three years to a friend's birthday party at a bar in Toronto. I spotted Kevin and he looked familiar to me, but I just couldn't place him. He knew a lot about me and I was embarrassed that I couldn't remember meeting him. He was charming and sweet and we (finally!) hit it off instantly. We were also both single and we began dating. Two years later, we got engaged and then married the following year."

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They have dozens of ways to say "I'm sorry."
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'Your call is very important to us'

We've all been there, waiting on hold at a dreaded call centre Here are some tips to survive the ordeal

Benjamin Franklin would have hated telephone call centres. I can just see him drumming his fingers as he waited in the queue to talk to a utility, bank, discount broker or cellphone company muttering, "time is money."

Ben's comment won't change the call centre culture but here are a couple of suggestions about how to get value from your wait.

▶ Stuck listening to the looped call centre music?

• Make a list of the questions you want answered. The longer you wait the more likely you'll forget what you're waiting for.

• Wear earphones or use the speakerphone leaving your hands free to do something useful. This also eliminates telephone ear.

• File! Bills, statements, invoices. All that boring essential stuff.

• Answer emails. But take care as you can be distracted by music or a radio loop on the line. Re-read e-mails carefully before you hit send.

• When you're connected to a real person, get their name or ID number and, if possible, a call back number in case you're disconnected.

• Don't waste time if you're getting nowhere, ask for a supervisor. They have a more authority to solve problems.

• Take notes. This is essential and has saved my bacon several times. Recently I had a disagreement with a U.S. home security company. Based on my notes I was able to convince a supervisor to review their call tapes. I prevailed and saved a couple of hundred dollars.

• If the issue relates to a contested bill or incorrect service plan ask that the operator read back his or her notes. I did this with my Internet provider and the notes bore little resemblance to our conversation.

• Make sure your battery is charged up. There is absolutely nothing worse than having a phone die after you've sat in a phone queue for ages.

• Don't lose your temper no matter what the provocation. Many companies allow operators to end a conversation if the client becomes angry.

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Wishful thinking

Things I'd like to see from companies that use call centres:

▶ After a wait more than ten minutes and you get $10 deducted from your next bill. After 15 minutes it becomes $20, etc.

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▶ Most campuses have a career centre that can help international students with their job search.

STUDY SHOCK

- Cultural differences make for new challenges when studying abroad
- Experts recommend being social and taking advantage of campus resources

RAF BRUSILOW
FOR METRO CANADA

The hardest part of being an international student sometimes isn't the grades at all, but rather the challenges that come from being in a new culture.

Michelle Suderman, associate director of international student development at the University of British Columbia says while the first few weeks in a new culture can be loads of fun as you discover new things and meet new people, once things settle down a hard reality can hit when you realize that enthusiasm alone isn't going to get you through your new challenges. The key is to stay positive and make an effort to expand your horizons constructively.

"Research indicates that when people are coming into a new culture they tend to have a honeymoon period, but then eventually they crash and start to miss those things which are familiar to them. Most people find that if they go beyond their comfort zone they actually emerge stronger for it," Suderman said.

▶ The key to get through cultural challenges: Stay positive and expand your horizons.

Cheryl Gonsalves, an international student advisor at the University of Toronto, says international students can struggle with making new friends and encountering social customs which may be strange or counter to what they're used to.

"It's common to have trouble making friends or fitting in, which itself can create some level of culture shock so we encourage students in their first month to do as much outreach and networking as possible. Try to be proactive and embrace the diversity around you," Gonsalves said.

Most importantly, realize that growing pains are part of the process and it's OK to revert to a safety net of familiar things every once in a while.

"It takes effort to bridge the gap between different cultures, it doesn't just happen overnight so we strongly encourage students to stay connected to things that help them remember who they are," Suderman said.

Tips for new students

For foreign students, Canada's culture can seem starkly different from back home. Here are a few things to remember:

Canada gets cold! "The weather can be a visceral experience for new students," Suderman said. Get someone local to help you shop for what may likely be your first real winter jacket or set of boots.

The phrase, "Hi, how are you?" is more of a simple pleasantry than a real question, it's meant to show you are approachable. Similarly, "Let's meet for coffee sometime" is less about coffee, or even about getting together, as it is a polite parting phrase.

RAF BRUSILOW

Going abroad

- Be social. Join clubs and groups with other people, particularly those who share your own interests and connect with classmates after class.
- Make use of international student resources on campus. Most schools provide counselling and support services to help you get and stay on your feet in a new culture so you don't have to go it alone.

WORKING IN CANADA

ERIC EMIN WOOD
FOR METRO CANADA

International students hoping to finance their studies with part-time work have two options: Find a job on campus, or apply for an off-campus work permit.

Students are not eligible for the permit until they have completed six months of full-time studies and are in good academic standing, "meaning they are coping with their course loads," says Cheryl Gonsalves, an international student advisor with the University of Toronto.

The intent, she says, is to prepare students for culture shock — settling into a new education and social system.

However, international students who successfully register for more than six months of full-time Canadian study receive a study permit, which allows them to work on campus.

Most campuses have a career centre which can assist international students with their job search, help them write up a resume and look for job postings, she says.

"It's a great opportunity," says Michelle Suderman, associate director of international student development at the University of British Columbia.

Suderman notes that "on-campus" includes stores and restaurants on campus grounds, or research facilities and institutes affiliated with the school, such as hospitals.

Getting a permit

- The application process for an off-campus work permit is the same across the country.
- Qualified students can visit cic.gc.ca/english/e-services/off-campus.asp, register with the government's "MyCIC" service, and apply online.
- Even with a work permit, students are not allowed to work more than 20 hours per week during the school year, to avoid compromising their studies.
- Once registered, students may work anywhere in Canada.

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MOUNT ROYAL UNIVERSITY TURNS 100

CELEBRATIONS KICK OFF WELCOMING STUDENTS BACK

MONIQUE MASSIAH
FOR METRO CALGARY

On Sept. 20th Mount Royal University will celebrate 100 years of steering the face of Calgary's community.

Planting trees, the creation of a mosaic mural, and outdoors concerts welcome students back onto the campus grounds.

Founded on Dec. 16th 1910, the then Mount Royal College had an enrollment of only 179 students. Surviving through the First World War with the loss of 16 students,

Mount Royal became a public college in Aug. 1966.

After recently becoming a university on Sept 3rd 2009, this year unveils a new logo to celebrate its centennial.

The current theme of the celebration is A legacy of ideas.

Thus the university plans to have activities for the week celebrating the success of its alumni, staff and students over the past 100 years.

"This is 16 months of events and activities in the planning," said Fred Cheney, MRU spokesman.

100

trees will be planted on Convocation lawn starting Sept. 21 at 10 a.m. to celebrate 100 years of Mount Royal University history fostering creativity within Calgary's community.

Internationally recognized speakers, and artists from the local community will participate in the week long on campus celebration.

Graffiti artists Cey Adams, Pat Lazo, and Kid-Belo will together create an unconventional piece of graffiti art themed 'Learning from out past' which will be viewable from the university's west entrance.

Culminating into the unveiling of a mosaic mural in tribute to the achievements of individuals that have influenced the campus over 100 years.

"It's a chance to see artists in action," said Cheney.

Grab a brew

- Royal 100, a new reddish coloured beer brewed at Mount Royal University's Wild Rose Brewery, will be offered for the first time during this year's centennial celebrations.
- Voted best Brewery three years consecutively, during the week of Sept. 20th to the 21st samples will be available to the public from 2 p.m. to 8 p.m.

SUBMITTED

▶ St. Mary's men's and women's basketball teams will be the first to enter the more competitive ACAC league in 2012.

St. Mary's enters the big leagues

Local athletic program is set to enter more competitive ACAC

YONATHAN SUMAMO
FOR METRO CALGARY

A local University College has been the latest addition to the Alberta Colleges Athletic Conference (ACAC).

The St. Mary's University College Athletic Program announced they have been accepted into the ACAC on a three-year probationary term beginning with the start of the 2012 fall season.

David Petroziello, director of athletics with St. Mary's University College explained that although he has only been head of the athletic department since July, the ball has been rolling on this initiative since last year. He added the process to determine weather the school would be a proper addition to the league included a site visit and vote by the ACAC board.

"The ACAC has established itself as a national leader in college athletics," Petroziello said. "I have coached at the university level and at the professional level, and I have seen that the ACAC has set a real standard."

"This is a great opportunity and challenge for the institution."
DAVID PATROZIELLO

The men's and women's basketball squads will be the first to leave their current Alberta Colleges Athletic League (ACAL) and join the more competitive league in fall of 2012. Petroziello said the rest of the athletic teams would eventually follow suit.

For St. Mary's University College, Petroziello said joining the ACAC was a great chance to show athletes considering post-secondary institutes that St. Mary's would be a viable option.

"This is a great opportunity and challenge for the institution and athletic department," he said. "There needs to be an increase in training and standards. But we will be ready. We don't want to just enter the ACAC, we want to be competitive in the ACAC.

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Energizing future leaders

Donation of $3.1 million paves way for Calgary's future

MONIQUE MASSIAH
FOR METRO CALGARY

A $3.1 million gift to The University of Calgary's faculty of Education serves to shape youths into the leaders of tomorrow. "There are many variables that affect one's potential as a future leader," said faculty of Education Dean Dennis Sumara.

The Werklund foundation strives to empower students to standout socially within their communities. After affecting the lives of countless Calgary teens, the foundation is now trying to get to the roots of what makes a leader by the establishment of the Werklund Foundation Centre for Youth Leadership Education.

"We are trying to establish a international and community based centre that enhances the capabilities of youths, "said Sumara.

"Getting rid of my fear of what others think of me has enabled me to become more social and outgoing," said Nikita Malhotra, 17, who recently completed a leadership program. "I am no longer part of a crowd that simply agrees with everything. I make it a point to voice my opinions and stand up against something that I might not agree with."

While results of their research are not immediately visible it is assured that the effects will be wide spread across the nation for graduate and undergraduate students said Sumara.

For the moment, still currently looking for a chair to their organization the Werklund Foundation continues to empower people of all ages to realize their personal potential.

BETTY RICE/SUBMITTED

▶ Deanna Werklund, right, and Dean of Education Dennis Sumara join in celebrations of $3 million gift to the University of Calgary for the Werklund Foundation Centre of Youth Leadership Education.

Werklund works for education

Founded by Calgary businessman David P. Werklund, one of Alberta Venture's 50 most influential people, the Werklund Foundation strives to give back to the community by teaching individuals to become self-sufficient.

Today's Werklund foundation directed by Deanna Werklund studies methods for aspiring teachers to breakthrough to students.

MONIQUE MASSIAH

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NANCY BURT
FOR METRO CANADA

One of my proudest achievements was receiving a Master of Arts degree in my 50s while working full-time in a stressful administrative position at Humber College.

As Humber started offering degree level programs a few years ago, I was strongly encouraged to get a post graduate credential — a daunting prospect for an already over-worked professional.

But I found it was not only possible, but stimulating and actually enjoyable by doing it online through Alberta's Athabasca University.

I did it over a few years, one course at a time, all year round. I loved my professors and virtual classmates — I still have friends I've never met in person — and I couldn't believe how much I learned.

SUBMITTED

"I loved my professors and virtual classmates — I still have friends I've never met in person — and I couldn't believe how much I learned."
NANCY BURT

It takes dedication and a desire to succeed, but for me it was much easier than attending university classes at night.

Online learning is best through an institution that specializes in distance education because they make the coursework truly interactive and fun.

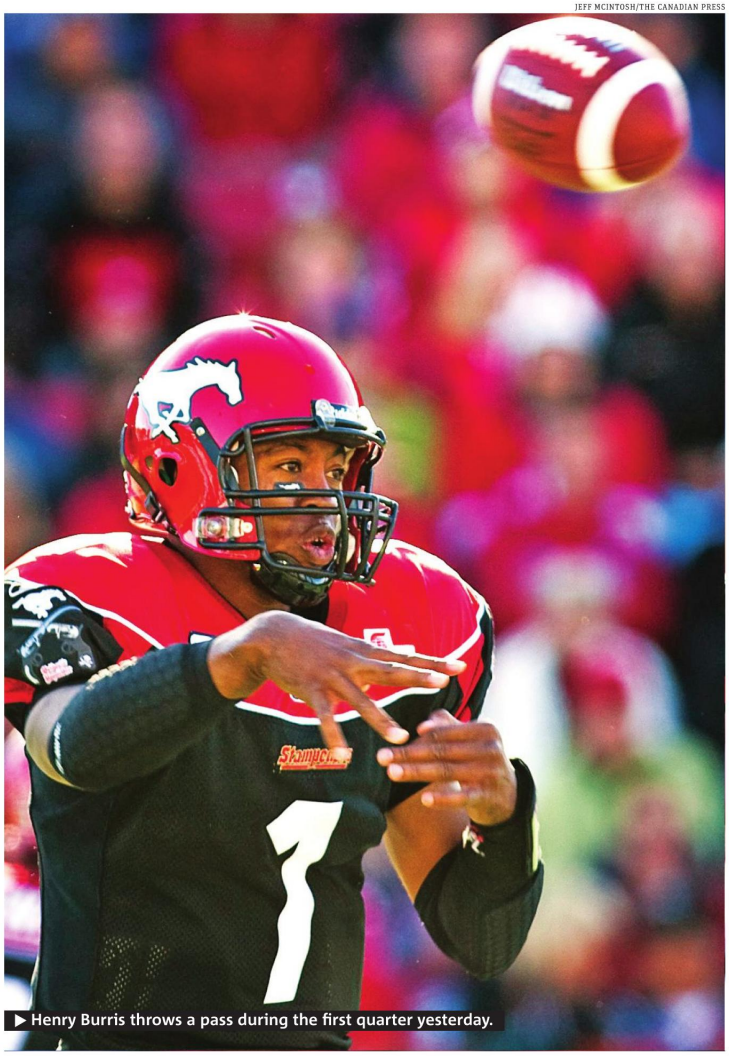
But be warned, it is more rigorous than face-to-face learning because you write everything including class discussions, group work seminars, research essays, and that final major thesis project.

It certainly helps if you like to write.

Would I recommend it? Absolutely!

Stamps deliver a classic blowout

JEFF MCINTOSH/THE CANADIAN PRESS



▶ Henry Burris throws a pass during the first quarter yesterday.

Big second quarter dooms struggling Eskimos to defeat

STAMPS	ESKIMOS
52	5

All-time record

▶ The Stamps now have a 32-28-1 record in games played on Labour Day and have gone 21-28-1 against the Esks.

An alert play by Brandon Smith helped the Calgary Stampeders take control of their Labour Day clash against the Edmonton Eskimos.

Late in the first half, Smith picked off an errant pass by Edmonton quarterback Ricky Ray and ran it back for a 58-yard score to give the Stamps a commanding 26-5 lead.

"It's one of the best feelings I've had being out here with the Stamps," said the third-year Stampeder defensive back. "Just getting the interception and taking it in for a touchdown is an outstanding feeling, especially for it being my first touchdown, first interception. "There's no other feeling like it."

The Stamps (8-1) cruised to a convincing 52-5 win over the Eskimos (2-7) yesterday as Smith and the Calgary defence held Edmonton to just 11 first downs and five yards rushing.

"They played excellent football today," said Calgary coach and general manager John Hufnagel when asked to assess his squad's defensive effort.

"I think they're going in the right direction. I wouldn't want to play that defence right now."

Quarterback Henry Burris concurred with his coach's assessment.

"Our defence has been playing great ball all year," said Burris, who went 15 for 23 for 226 yards, with three touchdowns and one interception.

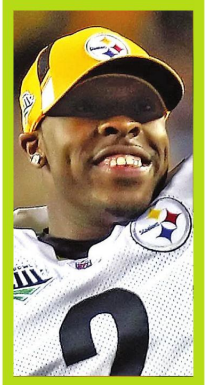
"If we make a mistake, they have our back. If the defence gives up something, we've been doing a good job of going out there and getting points back as well. Things are going good and we want to keep it like this."

Receiver Romby Bryant led the way for Calgary with a pair of touchdowns, while Ken-Yon Rambo and Deon Murphy also caught TD passes.

THE CANADIAN PRESS

4 sports

Quoted



"It's every quarterback's dream to be a starter in the National Football League. My number is called now and I'm going to have fun with it."

DENNIS DIXON, ON BEING PICKED TO START AT QUARTERBACK FOR THE PITTSBURGH STEELERS.

Sharapova's errors help Wozniacki win

Grit was not going to be enough to get Maria Sharapova through this one.

Not with nine double-faults, including three in a row.

Not with a total of 36 unforced errors.

And certainly not with No. 1-seeded Caroline Wozniacki of Denmark across the net yesterday in the fourth round of the U.S. Open, doing "what she does best," as Sharapova herself put it: Getting to nearly every ball and hammering it back, stretching points on and on and on until her opponent misses the mark.

10 Wozniacki has lost only 10 games so far; no one has conceded fewer en route to the U.S. Open quarter-finals since 1999.

It added up to a 6-3, 6-4 victory for 2009 U.S. Open runner-up Wozniacki over Sharapova, who has failed to make it even as far as the quarter-finals at Flushing Meadows since winning the 2006 title.

Roger Federer reached the quarter-finals at a 26th major in a row by beating No. 13 Jurgen Melzer of Austria 6-3, 7-6 (4), 6-3 in last night's last match.

He will next face Robin Soderling, who hit 15 aces and did not face a single break point after the first set of his 4-6, 6-3, 6-2, 6-3 win against No. 21 Albert Montanes of Spain.

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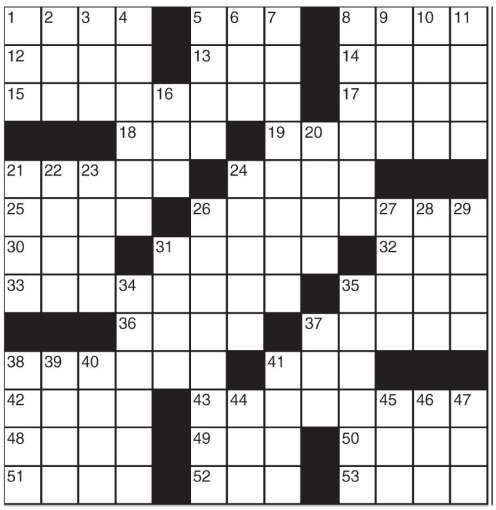


Across

1 Taj Mahal city
5 Pitch
8 Duel tool
12 Housetop
13 Spoon-bender Geller
14 MRI forerunner
15 Pent up
17 Gardening aid
18 Genetic abbr.
19 Bureau part
21 Frat party garb
24 Follow relentlessly
25 Partner in crime
26 Post-parade litter
30 Whopper
31 "Ulysses" author
32 Court
33 Meeting attendant
35 Deserve
36 Fat
37 Fools
38 Crazy
41 Matterhorn, e.g.
42 Adolescent
43 Colleague
48 Mountaineer's grip
49 Pair
50 Rainbow
51 Base runner's goal
52 D.C. VIP
53 "The Price Is Right" props

Down

1 Joan of —
2 Stickum
3 Harry Potter's best friend
4 Public brawl
5 Albacore, e.g.
6 Exist
7 "Good —!" (welcome relief)
8 Breathe out
9 Ship's nose
10 Facility
11 Watchful one
16 Officeholders
20 Abundant
21 Body powder
22 Hodgepodge
23 Singer Campbell
24 Tampered (with)
26 Fixes typos
27 "— the night before ..."
28 Rent
29 Charged bits
31 Billie — King
34 Projecting rim
35 Vivacious cleverness
37 TV alien
38 Pruritus
39 Infamous lyre player
40 Line of fashion?
41 Unsigned (Abbr.)
44 Have bills
45 Historic time
46 Predetermine the outcome
47 Ar follower

▶ Yesterday's answer

Sudoku

	3			6			7	
		8	1		4	9		
4								6
9		2				7		1
			5		8			
8		3				2		5
1								9
		5	6		3	8		
	7			4			1	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	9	5	7	3	4	8	2	1
8	4	7	2	9	1	5	3	6
2	3	1	5	8	6	4	7	9
4	6	8	1	5	3	7	9	2
1	2	9	4	7	8	6	5	3
7	5	3	6	2	9	1	8	4
9	8	4	3	1	5	2	6	7
3	1	2	8	6	7	9	4	5
5	7	6	9	4	2	3	1	8

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

PACITA: You are the most beautiful woman in the world and you complete me as a human being. I swear I'll love you forever, because you are the best thing that ever happened to me!
ETERNALLY YOURS, LIPE

Please don't go this time again. It will never be easy to do a life without you. I have learned so much from you. And I need you on my bed every night. I love you with all my heart Adrian
LOVE LAURA

Sly, these last few weeks together have been heavenly. You always know how to electrify me! Thank you for paddleing my boat.
XOXOXO, DEVON

Thank you for everything. Thank you for the special moment, September 3rd. No matter what I'll be there for you. Je t'aimerai toujours.
SNOOPY

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min 2° Max 14°	Min 4° Max 13°	Min 5° Max 15°

Andrew Schultz, Meteorologist
BT BREAKFAST TELEVISION
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You want to break free of habits and routines you know are holding you back, and what happens over the next few days will encourage you to be brave and change for the better.

♉ Taurus April 21-May 21 You have everything going for you at the moment, so make the most of your opportunities while they are still there. Nothing stays the same forever, so get off your backside and be the change you want to see in the world.

♊ Gemini May 22-June 21 Domestic matters need to be handled with care as the new week begins, not least because loved ones could be rather touchy over the next 24 hours.

♋ Cancer June 22-July 22 If certain people are being less than supportive then maybe it's time you got some new friends. You don't have to stick with the same old crowd. You don't have to think you owe them anything.

♌ Leo July 23-Aug.23 Things will start to go your way again over the next few days and your confidence will quickly return to its natural high level. Even so, money matters need to be handled with care.

♍ Virgo Aug. 24- Sept. 22 Don't take any notice of what others say is and is not possible. Listen only to what your inner voice tells you. You can sense that something wonderful is going to happen this week.

♎ Libra Sept. 23-Oct. 23 You seem to be under the impression that someone is out to get you and that you need to watch every step you take. It's more of an illusion that an impression and it's holding you back unnecessarily.

♏ Scorpio Oct. 24-Nov. 22 A door that has been closed to you in the past is opening inch by inch and by midweek at the latest the gap should be big enough for you to walk through with ease.

♐ Sagittarius Nov. 23-Dec. 21 People in positions of power will look kindly on you over the next few days, so be ready to take your chance and move up in the world, if that's what you desire.

♑ Capricorn Dec. 22-Jan. 20 You have spent enough time helping others, now it is time to help yourself. The planets are very much on your side right now, so make your plans and make your move when the moon is new in midweek.

♒ Aquarius Jan. 21-Feb. 18 Someone you have been in dispute with for quite some time is sending out signals that they want your feud to end. That's great, but it must be on the right terms.

♓ Pisces Feb. 19-March 20 Cosmic activity in your opposite sign of Virgo may be making life a bit of an uphill struggle at the moment but things will improve dramatically over the next few days. ● **SALLY BROMPTON**

Caption contest

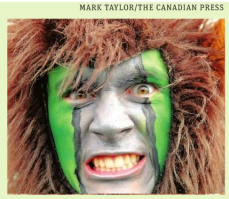
ALEXANDER F. YUAN/THE ASSOCIATED PRESS

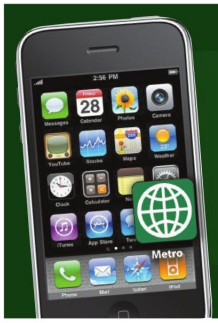
WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

MARK TAYLOR/THE CANADIAN PRESS





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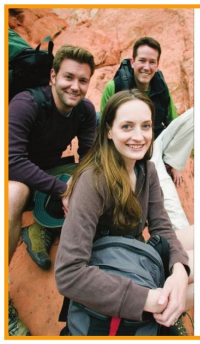

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Deals of the week

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Samana via Toronto

Gran Bahia Principe El Portillo 4 1/2★
All-Inclusive • Standard rm.
Sept. 19 & 26 • 1 wk.
$759
+Taxes & other fees (including service charges): $326

Grand Paradise Samana • 4★
All-Inclusive
Superior garden rm.
Nov. 7 – Dec. 12 • 1 wk.
$899
+Taxes & other fees (including service charges): $326

SAINT LUCIA via Toronto

Coconut Bay Beach Resort & Spa • 4★
All-Inclusive
Deluxe garden view rm.
Oct. 2 – 30 • 1 wk.
$1429
+Taxes & other fees (including service charges): $248

ANTIGUA via Toronto

Jolly Beach Resort & Spa • 3 1/2★
All-Inclusive
Standard oceanview rm.
Oct. 2 – 30 • 1 wk.
$1329
+Taxes & other fees (including service charges): $259

MEXICO

Puerto Vallarta/ Riviera Nayarit

Crown Paradise Club: A Family Resort • 4★
All-Inclusive • Standard rm.
Oct. 2 – 30 • 1 wk.
$799
+Taxes & other fees (including service charges): $283

Meliá Puerto Vallarta • 4★
All-Inclusive
Deluxe garden view rm.
Oct. 2 – 30 • 1 wk.
$859
+Taxes & other fees (including service charges): $283

Cancun/Riviera Maya

Gran Bahia Principe Tulum • 5★
All-Inclusive • Standard rm.
Dec. 12 • 1 wk.
$979
+Taxes & other fees (including service charges): $290

Gran Bahia Principe Coba • 5★
All-Inclusive • Junior suite
Dec. 12 • 1 wk.
$959
+Taxes & other fees (including service charges): $290

CUBA

Varadero

Sol Sirenas Coral Resort • 3★
All-Inclusive • Standard rm.
Oct. 3 – 24 • 1 wk.
$799
+Taxes & other fees (including service charges): $228

Sirenis La Salina Varadero • 4★
All-Inclusive • Standard rm.
Nov. 7 – Dec. 12 • 1 wk.
$1069
+Taxes & other fees (including service charges): $228

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Standard rm.
Jan. 3, 10, 17, 24 & 31 • 1 wk.
PRIVILEGES
$1349
+Taxes & other fees (including service charges): $280

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
Jan. 3, 10 & 17 • 1 wk.
PRIVILEGES
$1499
+Taxes & other fees (including service charges): $280

USA

HONOLULU

Aqua Aloha Surf & Spa • 3★
Continental breakfast
Savvy Saver - Moderate partial city view rm.
Oct. 31 • 1 wk.
$869
+Taxes & other fees (including service charges): $149

CRUISE

Princess Cruise Line[1]

Caribbean Princess
Southern Caribbean Cruise
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Nov. 21 • 1 wk.
$1269
+Taxes & other fees (including service charges): $280

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